

The Tribune Institute

Housekeeping as a Profession

WAYS AND MEANS OF MAKING THE FAMILY THANKFUL

Thanksgiving Greeting to Home-Making Women

COULD you be thankful for a few grains of corn served with a hostile Indian on the doorstep as a *sauce piquante*? Or does the high price of turkey meat and the limited capacity of the human stomach threaten to cloud your Thanksgiving Day with gloom?

Therein lies one of the many differences between the housewife of three hundred years ago and her daughter of to-day.

What our forebears gave thanks for in 1621 would be grounds for lamentations in 1916! The "spirit of 1621" is a thing to be fostered—it bred "the spirit of '76."

We all know the woman who turns away from any new suggestion with the stock phrase: "The way Grandmother did it is good enough for me." She forgets that what we want is Grandmother's spirit—not her methods!

If the pioneer women could have our chance to-day on the frontiers of opportunity, they would spend no time looking backward.

They were new ways indeed that the women trod who furnished the spirit of the first Thanksgiving. We can't do it as Grandmother did it unless we do it in the newest, bravest, most effective way there is. That was her way.

Among the big things that American women have to be thankful for is the fact that housekeeping and home-making have ceased to be looked upon as drudgery—somehow miraculously illumined by intuition—and have become a scientific profession, for which it is admitted one should be trained and equipped with facts and tools, just as a man is for doctoring, or lawyering or architecting.

Many a woman who begrudges herself the proper kitchen equipment, including a well behaved modern stove with an upstanding oven that one does not have to grovel before—and who groans that "woman's work is never done"—would think her husband a madman if he worked twelve hours a day at the office writing out his letters in longhand instead of having a typewriter.

But Grandfather did it that way!

The Tribune Institute is thankful for the privilege of promoting this peaceful revolution by holding high the flag of efficiency and providing ammunition in the shape of definite facts concerning the science and art of home-making—its tools and its technique—for the winning of the victory over unintelligence and drudgery!

And we hope that every week you will be more thankful, with us and for us.

Anna Lewis Fenn
Director, Tribune Institute.

Thanksgiving Dinners to Suit All Purses

By VIRGINIA CARTER LEE

THANKSGIVING is so essentially the hostess's and housewife's day, when it is her privilege to gather around her hospital board both guests and relatives, that special pains should be taken to have the dinner as nearly perfect as possible.

In these days of high prices the planning of the holiday menu is always more or less of a problem; but when a real Thanksgiving dinner is in question, as many as possible of the delicious old-time dainties are usually included, such as oyster and cream of corn soup, turkey stuffed with the traditional oyster or nut dressing, baked Indian pudding, the old-fashioned New England election cake, homemade mince and the deep, luscious pumpkin pie, cider apple sauce, cranberry jelly, and the three historic vegetables—held sacred to the day—sweet potatoes, creamed onions and mashed turnips.

Naturally, the plans for the holiday dinner will depend upon the number of guests to be entertained and the resources at the housekeeper's command. In the following menus will be found suggestions and prices for the large dinner party, as well as less elaborate ones suited to more modest requirements. The clever caterer will see that they may be easily changed, and certain dishes transferred from one to the other to suit her individual requirements.

A Thanksgiving Dinner for Twelve Guests

Estimated Cost, \$14.78

Oyster Cocktails (70 cents) Crackers (10 cents)
Roast Turkey, Chestnut Dressing (12 pounds, about \$4.20; dressing, 25 cents)
Baked Virginia Ham, in cider (10 pounds, \$2.20; cider, 10 cents)
Olives (35 cents) Celery (40 cents) Salted Nuts (40 cents)
Cranberry Jelly (25 cents)
Candied Sweet Potatoes (25 cents) Creamed Onions (15 cents)
Grape Fruit Salad (65 cents)
Roquefort Cheese, Crackers (25 cents)
Mince Pie (60 cents)
Frozen Ginger Pudding (homemade, 2 quarts, 70 cents)
Wafers (15 cents) Bonbons (50 cents)
Nuts and Raisins (45 cents) Fruit (\$1.50)
Coffee (15 cents) Cider (25 cents)

Although the original cost of this dinner may seem large, liberal prices and portions have been allowed for, and the housekeeper should take into consideration that probably sufficient material will be left over from the dinner party to supply delicious meals for the family during the next day or so.

Thanksgiving Dinner for Six

Estimated Cost, \$5.66

Bisque of Oyster Soup (30 cents) Crackers (5 cents)
Celery (20 cents) Olives (20 cents)
Roast Turkey, Chestnut Dressing (eight pounds, \$2.80; dressing, 15 cents)
Cranberry Jelly (15 cents)
Escalloped Onions (15 cents) Browned Sweet Potatoes (10 cents)
String Bean Salad, with French Dressing (30 cents)
Toasted Crackers (5 cents)
Baked Indian Pudding (30 cents) Mince Turnovers (25 cents)
Raisins and Nuts (30 cents)
Homemade Candy (15 cents)
Coffee (6 cents) Cider (15 cents)

This dinner is admirably adapted to a small family, and one or two additional guests may be added to the original number with a very slight extra expenditure. The soup, salad and coffee are the only items in which the ingredients would have to be increased. Also, if only six persons are provided for, there will probably be sufficient supplies left over for the following day.

Thanksgiving Dinner for Six

Estimated Cost, \$2.33

Tomato Soup (15 cents) Croquettes (2 cents)
New England Chicken Pie (4 pounds chicken, \$1; crust, 10 cents)
Succotash (20 cents) Glazed Sweet Potatoes (15 cents)
Cider Apple Sauce (10 cents)
Pumpkin Pie (30 cents) Cheese (10 cents)
Coffee (6 cents) Cider (15 cents)

For the hostess desirous of spending less than \$5 the above holiday menu will be found very satisfactory. The chicken pie furnishes a delicious substitute for the more aristocratic turkey, at less than a third of its price.

In the following recipes will be found formulas for preparing some of the typical old-time dainties:

INDIAN PUDDING

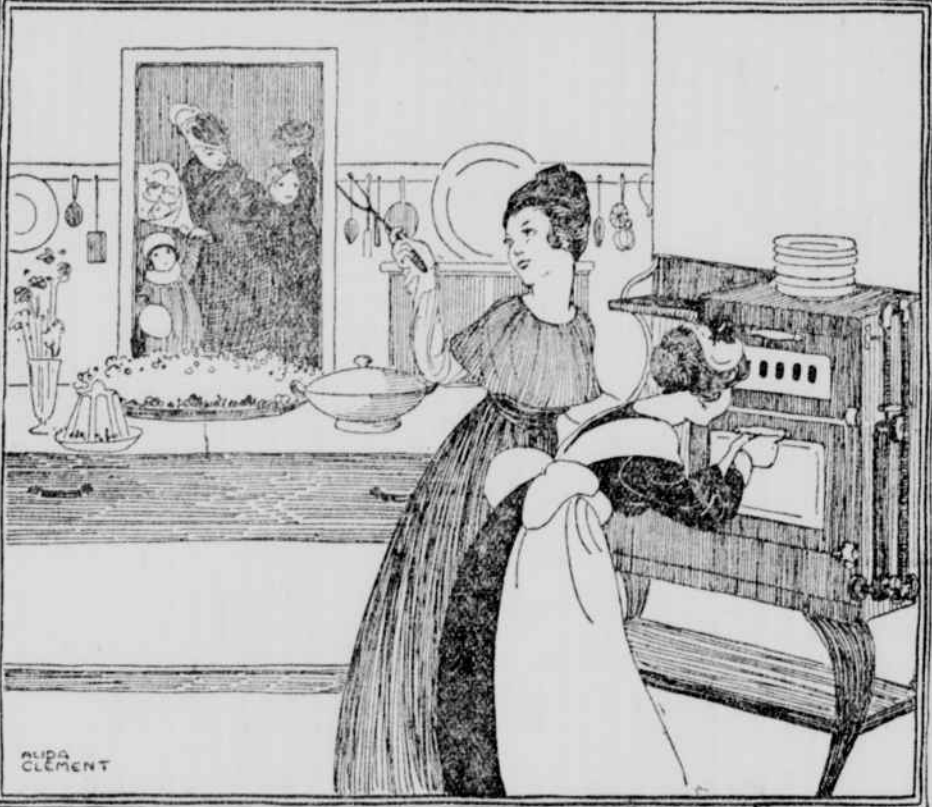
Pour a quart of boiling milk gradually upon a cupful of Indian meal, and beat the mixture until it is perfectly smooth; then put it into the upper part of the double boiler and cook for half an hour, stirring frequently. Remove from the fire, add three-quarters of a cupful of molasses, two tablespoonfuls of butter, one quart of cold milk, one teaspoonful of salt, half a teaspoonful each of ground cinnamon and nutmeg and one well beaten egg. Mix well, pour into a deep earthenware pudding dish and bake very slowly for four hours. Serve hot with cream, sweetened with dissolved maple sugar.

FROZEN GINGER PUDDING

For twelve guests, prepare a quart of rich boiled custard from one scant quart of milk, one tablespoonful of cornstarch dissolved in a little cold milk, half a teaspoonful of salt and four eggs beaten with a small cupful of sugar. Cook in the upper part of the double boiler until well thickened; remove from the fire, flavor with a teaspoonful of lemon juice, and, when cold, fold in one pint of chilled double cream, beaten with two tablespoonfuls of powdered sugar, half a pint of chopped preserved ginger and half a cupful of powdered macaroon crumbs. Mix well, turn into the freezer and freeze slowly until smooth and firm. Repack in a melon mould with a watertight cover and bury in ice and rock salt for two or three hours to ripen.

CONNECTICUT PUMPKIN PIE

Mix together one pint of stewed pumpkin pressed through a sieve and free from lumps, one pint of rich milk, four small eggs, the whites and yolks beaten separately, half a cupful of very light brown sugar, half a teaspoonful of salt and half a teaspoonful each of ground ginger, mace and cinnamon. Pour into a deep pie plate that has been lined with pastry, arrange around the edge an ornamental border of the crust, and bake in a moderately hot oven until set.



Did You Ever Go to a Thanksgiving Picnic?

WHY will every one go on a picnic on the Fourth of July, when the heat and the flies and the mosquitoes and the crowds make picnicking an endurance test—and ignore the joys of cold weather picnics, when exercise is a joy and a life-saver instead of a burden, and a sunstroke promoter?

A crisp November day—even with a mild soft snowstorm thrown in—is just the time for a picnic. What are sweaters and caps, open fires and sausages, bacon and baked potatoes and toasted marshmallows for, if not for a Thanksgiving picnic?

Of course there is the family dinner, but that should come at night, and if a crowd of thankful folks, young, old or middle aged, can work in an early luncheon or late breakfast in the woods, it will be found to be the greatest possible appetizer for the formal Thanksgiving feast.

Coffee, rolls and lamb steaks, with nuts and toasted marshmallows for a "top-off," are all

you want. You may think you have tasted of the sweetness of meat, but you never have until you have tried this:

Cut a leg of lamb into slices from half to three-quarters of an inch thick. Rub these with salt; put them on the end of forked sticks and sear quickly in the flame of an open fire; then roast slowly and carefully, and eat them rather rare—though this is a matter of taste.

Using a knife and fork, however, is strictly forbidden. It simply is not done and would ruin the flavor. They should be bitten from the roasting fork with the help of a paper napkin. This, too, adds enjoyment to the service of the formal dinner that comes later.

Charles Lamb's roasted pig, served accidentally by Fete, had undoubtedly the same delicious sweetness as these lamb steaks. The only trouble is that they may make the turkey seem a bit commonplace and flavorless; but the exercise and the ozone will temper your taste with a new zest and the "thankfulness" will be twofold if you begin with a Thanksgiving picnic.—A. L.

A Southern Countryside Thanksgiving



See what happens to the turkey when it flies south of Mason and Dixon's line!

Mrs. Duvall, of the Dower House, in Maryland, vouches for this transformation:

"The men go off hunting and the mistress may finish some book she has been trying to read for the last year; and when the hunters come in, glowing with the exercise of climbing over the fields, with twenty or thirty birds, a dozen or so rabbits and three or four woodcocks, we all gather in the big, warm kitchen and pick birds—yes, and clean them, too—while the men build a big fire on the huge brick fireplace in the dining room and one of the maids sets the table.

"And how beautiful it is, with the dancing light of the pine knots reflecting the silver and china in the waxed mahogany! Then we broil the birds; yes, we all cook them, basting and turning them and dripping them with melted butter, and finally dusting with salt and pepper—fresh ground, it is.

"The candles are lighted, and—noisily, maybe; impatiently, perhaps—knowing the wonderful taste of the broiled birds, we gather around the long, oval table. Plates of hot biscuits are brought in, hot coffee with hot milk is our drink, and great cakes of wild honey taken from a tree in the woods where the hunters had found it.

"That is a Thanksgiving dinner here.

"And in the kitchen the rabbits are 'skun,' and Aunt Mary, true to her privileged position as 'Mammy,' puts good lard (negroes are not allowed to use lard; they must fry out fat from 'fat back') in three or four iron skillets, cuts the rabbits up and dips them in flour, salt and pepper, and fries them all brown and crisp—and never forgets to fry an onion in the same pan!

"And when the long table in the kitchen is set, and the delicious browned rabbit, and pans and pans of cornbread and the bits of wild honey that were too broken to be 'sent in the house' are ready, Aunt Mary asks the blessing—for she is very devout—then silence reigns for a while, maybe for half an hour.

"But finally a mouth organ is drawn from Joe's pocket, and soon the rhythmic shuffle tells us who have finished our birds that Rena is dancing; and we all troop out to see the girls dance, especially to see Rena 'pick de lizard off de fence.'"

Thanksgiving in a Southern Kitchen

By MATILDA DUVAL

NO matter whether those who give thanks for the year's abundance are descendants of Puritans or Cavaliers, the traditional feast has the same meaning, the same general form and the same *piece de resistance*. King Turkey reigns, whether brought down with a shotgun or bought from a stall in the market. And this is the way he is cooked in old Southern kitchens:

TURKEY

It is to be understood, of course, that the turkey is in good order and fresh killed. Hanging for twenty-four hours is all right, but longer than this does not improve the flavor. For a family of six persons it is better to buy a turkey a little too large—say, one that weighs eight or ten pounds—than to buy one too small, because it can be used subsequently and the flavor of the larger turkey is vastly finer. After washing in salt water prepare a dressing as follows:

A loaf of Vienna bread or French bread, at least two days old, is cut into dice. The crust is the best part, so, if desired, almost the entire inside can be left for some other purpose—except that the crust of one loaf will not be sufficient for a turkey.

Into a large iron frying pan pour about one-third of a cupful of the best olive oil. Peel and chop four good white onions of medium size. The upper half of two stalks of celery should be carefully washed, in order to remove any sand, and added to the onions. A slice of ham, one-quarter of an inch thick, should be chopped fine and added. When this has been frying for perhaps eight minutes, add two cups of soup stock, or, if this is not convenient, make two cups of bouillon from two of the capsules that come for the purpose.

Put a closely-fitting cover over the pan and remove to the back of the range, where it will cook slowly for twenty minutes. If the turkey is not fat add a generous tablespoonful of butter and one spoonful of dried summer savory. Pour over the chopped bread crust, which has been previously well seasoned with salt and pepper.

Stuff the cavity in the turkey "comfortably" full. Do not forget to stuff over the hollow at the neck. The outside of the turkey should be dusted with salt and pepper and plenty of flour, which should be at least one-quarter of an inch thick to prevent any scorching of the skin. Put a bay leaf in the pan and lay slices of bacon across the turkey, making a complete cover, unless the turkey is a fat one, in which case the bacon is unnecessary. Pour a cupful of hot water in the pan and place in a good hot oven.

I have always found it advisable to take the nicely browned and well done turkey, pan and all, to the table under the window, where a bright light can help by showing if there is any pink color to be seen in the juice that flows when a steel fork is plunged into the thickest part of the thigh; again into the breast, and under the wing.

There is distinctly an art in making good gravy. The browned essence from the turkey, and some little dressing that, maybe, has found its way to the pan from the repeated basting, should all be scraped loose from the bottom of the pan in which the turkey has been cooked—using the side of a spoon, not a knife. Add at least one cupful of boiling water and allow it all to boil up quickly. Smooth two heaping tablespoonfuls of flour in one-half cup of water; pour through a strainer into the pan of boiling gravy, taking care to stir the gravy con-

stantly in order that it may be thickened evenly. Add one tablespoonful of "kitchen bouquet" or "caramel." In some families the liver and gizzard are chopped fine and added to the gravy, which should be served by itself.

If one cannot go hunting and has not the price of a turkey, here are recipes for other delicious and savory meats that can be used for the Thanksgiving dinner:

ROASTED DUCK WITH OYSTERS

The best sort of duck to buy for roasting is the Muscovy. These ducks average eight pounds, although frequently I have had them weigh twelve pounds. A good eight-pound duck, properly stuffed, will serve six people, and still leave enough for luncheon next day.

Clean, wash in salt water and prepare the dressing as follows: Reduce the crust of a Vienna loaf of bread to dice; salt and pepper it. Drain the liquor from one quart of fine, fresh, salt water oysters. Bring the liquor to a boil and skim. Put one-eighth pound of butter and a shaved onion into a sauté pan, and to this add one entire stalk of celery, thoroughly cleaned and washed, piece by piece, and cut into small bits, so that it will cook quickly. Pour over this the oyster liquor. Cover tight and set aside to cook slowly for ten minutes. At the end of this time add the oysters, stirring until all of the oysters have been brought to a scalding point, but not allowed to boil. The oysters should be about half done. Pour this mixture over the bread.

Stuff the duck, being careful to tie the legs together to prevent their sticking straight up in the air and so presenting an awkward appearance on the table. Salt and pepper the outside, cover with flour, as in the instance of turkey, place in the roasting pan and add a cupful of hot water to the pan.

Have the oven as hot as for the turkey, but no hotter. You can allow about twenty minutes to the pound. Be sure the duck is thoroughly well done before removing from the oven.

With roast duck should be served fresh apple sauce, candied sweet potatoes, cauliflower baked in cheese sauce, and any other light-colored vegetable that may be desired, but never tomatoes.

RABBIT EN CASSEROLE

A medium-sized tender rabbit.
3 onions.
1/2 pound lean ham cut into small squares.
1 bay leaf.
1 pinch thyme (dry).
4 whole cloves.
1/2 lemon.
1 glass very good sherry.
Clean and wash the rabbit and cut in pieces; put into a casserole that is large enough to hold the rabbit and one quart of water. Add salt and pepper, three onions and half a pound of lean ham cut into small squares. Cover and boil slowly until the rabbit is tender enough to slip the bones out of the meat. The water will be reduced to about one pint. If less than a pint is in the vessel, add boiling water until a pint of broth is in the casserole.

Cut the meat neatly across the grain, into pieces about one and one-half inches square. Return to the casserole, add bay leaf, cloves and pinch of thyme, and then, when it has again boiled for ten minutes, thicken slightly with a full teaspoonful of flour smoothed in a little water. When this has boiled again add three thin slices of the lemon and a full wineglass of sherry.

Be sure to have enough salt and pepper. This is very palatable and inexpensive—and will make a good Thanksgiving dinner.